

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Literacy Volunteer Program

In 1985, Chemeketa Community College's Board of Education adopted policy #3610, which states: "The college recognizes the service of volunteers in the accomplishment of its mission" It also recognizes that volunteer efforts are essential for the successful completion of the educational services goals of the department. The Literacy Volunteer Program, LVP, provides literacy consultation and education to adults (18+ years and not in high school) who are unable to attend the college's Adult Basic Education (ABE) and English for Speakers of Other Languages (ESOL) classes due to low literacy skills. The LVP program introduces adults with low basic skills (and often low self-esteem) to an array of training and educational opportunities. Volunteer tutors frequently provide the link to help adult learners explore new possibilities, maintain morale, and measure and celebrate accomplishments. This sounds very exciting for the adult learner and the volunteer! Chemeketa has a campus right here in Woodburn, and is looking for volunteers to be part of the LVP program. LVP tutors receive 12 hours of free training designed to equip them to: understand the adult learner; be culturally sensitive, work with different learning and teaching styles, develop various teaching strategies, and become familiar with core and supplemental teaching materials. If this has sparked your interest, visit the website at: literacy.chemeketa.edu. You can also call Berta Perez at either the Woodburn office, 503-981-8820 or her Salem number is 503-589-7651. She would love to hear from you and tell you more about the Chemeketa Literacy Volunteer Program.



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News from North Marion Adult Center

Our computers are internet friendly. Come get an e-mail account for free to keep in touch with relatives and friends. (SALT) **Seniors & Law Together** will be holding their monthly meetings in the Center on the 2nd Wednesday of each month at 11am. The Center has a trained SHIBA (**Senior Health Insurance Benefits Assistant**) on our task force, Barbara Campbell. She can be reached at 503-981-3109 if you have questions about your health insurance. **SNAP**, a senior nutrition program, meets every Thursday 10am-1pm. **KEEP FIT** with senior exercise class every Mon, Wed & Fri from 8am-9am \$1 per session. **April 24th** is the big day for our parking lot sale. 9am-4pm. Donated items needed. Keep saving your pennies. Your pennies make the NMAC go. Please remember us when you want to give to a good cause. For more information, call Beverlee at 503-981-3613

RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.



Sue Speaks Her Mind

You are invited to celebrate ***National Volunteer Week***
with the Marion County RSVP program and Country
Meadows Village

Join us on Tuesday, **April 20th at 3pm**

Country Meadows Village

155 South Evergreen Road

Woodburn, Oregon .

Come and enjoy dessert, refreshments, and entertainment.

We will be celebrating all the good work of our

RSVP volunteers.

Please RSVP before April 16th to 503-982-5255



Please Help

Volunteers needed: SMART Three schools in Woodburn are in need of volunteers to help 2nd graders with reading. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: **rsvp.woodburn@ci.woodburn.or.us**

**Success is not
built on what
we
accomplish
for ourselves.
Its
foundation
lies in what
we do for
others.**

Danny Thomas

Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2010

Project : _____ Supervisor's initials _____



Love

Community Information and Education Page

BINGO, BINGO! Tuesday Bingo at the Woodburn Grange Hall. Sponsored by WAASP. Doors open at 12 noon, games start at 12:30pm.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC first Wednesday** of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the **2nd & 4th Friday of the month**. 9am to 12 noon. \$20. Call 503-981-0033.



AARP Driver Safety Program is now located at North Marion Adult Center, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn. Classes will be held **April 12th & 13th 1pm-5pm** both days. Must call 503-981-3613 to register.



LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **April 8th: To Kill a Mockingbird** by Harper Lee. Its an easy way to read some great books, exercise your mind, meet fellow readers & have fun!



News From Salemtowne

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem, stop by and check it out!

TRIPS AHoy!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thur 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**, or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Monday Dance Every Monday 1pm to 3pm. No dance if there is a Holiday.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)



ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:30AM

HIP FLEXIBILITY Fridays 9-9:40AM

DEEP CARDIO Tues & Thurs 6-6:45am

AQUAROBIcs M/W/F 8-9am and M/T/W/Th 6-7pm

DEEP WATER FITNESS M/W/F 8-9AM **WATER WELLNESS** M/W/F 9:15-10:15am T/Th 8-9am

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at **AWARE**, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday April 3rd 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am., the Friday April 2nd will be Easter Bonnet Parade Theme Dance. **Foot Clinic:** Thur. April 8th & 22nd by appt. 503-390-7141. **AARP Driving Class** April 6th & 8th 12-4pm Call to register 503-390-7441. **Tax-Aide** Tuesday & Thursday, by appointment only 503-390-7441 **NO WALK-IN SERVICE** Many activates thought the week, call center for details 503-390-7441. **Hawaiian Luau** April 18th 1-4pm Tickets available at the Front Desk \$10 or \$12 at the door.

SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Tea & Fashion Show Saturday April 10th at 2pm. The April fashion show is one of our most anticipated events. We never know what our volunteer fashion models (guys & gals) will be wearing, but everyone is treated to an afternoon of fun & laughter. Surprises & prizes too. Tickets are \$5. on sale at the front desk.





Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura

A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks



WHAT'S HAPPENING

Out & About is your guide for the autumn activities. Look for an exciting list of trips for active adults. If you have any suggestions, call Stu at 503-982-5266. He would love to hear from you. All trips leave from Settlemier Park parking lot.

Willamette Shore Trolley Enjoy a ride on this historic Oregon landmark. Round trip from Lake Oswego to Portland. Don't worry, a mystery lunch stop is included in this trip if you get hungry. **Friday, May 21; 10am-3pm.** \$20. for transportation and tickets; lunch on your own.



WHO'S on THRID? April 18th, 3-4:30pm. The featured group will be the **2nd Wind Jazz Ensemble**. This group has performed for us before and was a "big hit". This concert's set-list includes familiar favorites like: *Route 66*, *The Lady is a Tramp*, *Witchcraft*. A freewill offering will be taken to cover the costs of the concert, and there will be a mid-concert intermission with refreshments. Woodburn United Methodist Church is located at 700 N. Cascade Dr. Contact the church if you need any additional information. 503-982-2891



10-week **MEMORY ENHANCEMENT COURSE** sponsored by **Thelma's Place**. Classes feature over 250 fun, exciting activities to help you learn skills to improve your concentration & memory. We'll exercise & strengthen our minds through the use of clinically-tested & scientifically-supported interventions. Cost \$100. Classes will be held at Canby Adult Center. Call Meredyth at 503-933-8052 for more info and to register.



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Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Bulk Rate
U.S. Postage
PAID
Woodburn, Oregon
97071
Permit No. 161

Marion County Retired & Senior Volunteer Program

